



Green County Cooperative
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Like our Facebook page
for last minute reminders
and quick updates:
facebook.com/Green4H
or visit our website at
www.GreenCounty4-H.org.

What is 4-H?

4-H is America's largest
youth development
organization—empowering
nearly six million young
people with the skills to
lead for a lifetime.

A community for all kids...
In 4-H, we believe in the
power of young people.
We see every child with
valuable strengths and real
influence to improve the
world around us.

We believe...
all young people have
potential, ensuring
access and equity for all,
the practice of positive
youth development by
creating positive
learning experiences,
caring and trusted adult
mentors who cultivate
positive relationships
with youth, and
developing young people
who are empowered,
confident, hard-working,
determined, responsible
and compassionate—seeing
a world beyond themselves
so that they have the life-
long skills to succeed in
college and career.

Staying Active Even When It's Winter

As the new year arrives, many will have goals of becoming more active, but they find it difficult to stay motivated. You are not alone. A survey from the University of Southern California's showed 32% of Americans say they are exercising less than before the pandemic.

Incorporating physical activity into your day has many benefits including help with weight loss, immune system boost, stress relief and feeling better. The goal is to get 150 minutes of activity each week.

While it can be hard to stay motivated, here are some tips to help you meet your activity goals.

Make a plan. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit. Once you have a schedule, develop a backup plan to catch up in case you cannot exercise at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is nasty.

Find something you enjoy doing. Research shows that people who enjoy their physical activity have a better chance of sticking with it. Also, your activity does not have to



Winter Dash - Marathon Style

be difficult to have a positive effect. It could be as simple as walking around your neighborhood or dancing to music each day.

KY 4-H Winter Dash

If you are looking for a fun way to stay active, try our 4-H Winter Dash. This program helps young people and adults in their lives stay active during the winter months.

The Kentucky 4-H Winter Dash is a self-paced marathon that goes through February 28. Record your walks using the simple survey and at the end of the event, receive a medal for completing the 26 miles. This is open to anyone who chooses to participate. 4-H wants to encourage young people and their support system to be active together.

☐ Log your distance using a smart phone camera to scan the QR code or visit https://uky.az1.qualtrics.com/jfe/form/SV_37Cv63xUiTB1FDU

Source: Natalie Jones,
Extension Specialist
for Family Health





Don't Forget
4-H Writing Contest entries are due Feb 17. Categories include songwriting, poetry, original monologue, public service announcement, press release and "What 4-H Means to Me" essay. Contact the 4-H office for more details.



Congratulations to Dakota Milby on winning the Green County Piggy Bank Contest!



Schedule Changes

The 4-H office will be closed for Martin Luther King, Jr's holiday on January 16. When snow arrives, if school is canceled/dismissed, 4-H events will be canceled for that day. If students were riding the school bus to our office, they will instead take their normal bus home or be picked up by adults at their school. For snow after school is dismissed, contact your club leader for more details.



Adult 101

Are you ready to leave for college? Be out on your own? Are you prepared to do adult tasks? Adulting 101 programs help young adults demystify the obscure reality of being an "adult" on topics like insurance, taxes, laundry, automotive, etc. Each FREE session is packed full of important life skills and tools necessary to live independently. Register at <https://events.anr.msu.edu/AdultingW2023/>



International Club

Our 4-H International Club restarts January 25 from 2:45pm-4:30pm CT. The club exposes members to new countries by sampling their food, games and culture. The free club is open to youth in grades 4-12.

Youth must register by January 20. Monthly meetings are on the fourth Wednesdays. Youth may ride the bus from school to the 4-H office with a parent's note, but they will need to be picked up at 4:30pm.

☐ Register by January 20 with completed [4-H Participant Information & Enrollment Form](#).

VOLUNTEER

Volunteers Needed

There are several projects that typically start in January and February that need additional adults to help plan and conduct the programs. Volunteer leaders are essential to providing diverse activities allowing youth to gain project skills.

For these projects, we cannot offer these in Green County without an adult volunteer who is willing to be trained and assist with the project. We are flexible on the dates/times but a minimum of six hours of education is required for the youth. We can provide training and resources to help with the projects. If you are interested, please reach out to the 4-H office; we can discuss the expectations in more detail.

Shooting Sports

There are five disciplines in the shooting sports program: Rifle and Pistol (air/.22), Archery, Shotgun, and Black Powder. Each discipline must have a trained, certified instructor.

Horse / Livestock / Dogs

To offer programs in livestock (ham, sheep, pig, beef, dairy, goats, or poultry), dog or horse programs, we are required to have a certified leader in that species.

**Visit GreenCounty4-H.org
 or call us at 270-932-5311**

2023 KENTUCKY 4-H LEADERSHIP BOOT CAMP



4-H Boot Camp

Are you ready to take the next step in your leadership journey? Join us for the 4-H Leadership Boot Camp hosted at Lake Cumberland 4-H Camp, Feb 2-3. During this educational experience, youth (14+) will have the opportunity to develop their leadership skills in a fast-paced, team-focused environment. The registration fee is \$100; call the 4-H office for registration forms due by January 25.



KY Teen Summit

The premier middle school leadership event is the 4-H Teen Summit. Held March 16-18 at multiple 4-H camps across the state, over 600 youth will come together to learn team building, problem solving and discover new hobbies that can be shared with their county 4-H programs. Start the journey of being a leader today. \$125 registration. GCMS 4-H officers receive a \$50 discount.

☐ Call the 4-H office for a copy of specific registration forms.



4-H Mock Interviews

A soft skill that isn't taught very often, but that is essential for scholarships and careers is the interview. Prepare a sample resume and participate in a mock interview. Local winners can advance to the area and state competitions. Local event is March 7 at the 4-H office at 3:00 p.m.

☐ Register by March 1 by calling the 4-H office.



Capitol Experience

Join youth from across our state as we experience our state capitol and join the legislative process on March 13-14. We leave Monday around noon and return by 5pm on Tuesday. \$30 per youth includes lodging and tours. Youth responsible for two fast food meals. Limited to ten youth in grades 6-12.

☐ Register by February 24 with completed [4-H Participant Information & Enrollment Form](#).



Make Bird Suet

Birds may need extra food to survive winter. Suet is an easy way to provide food while attracting them to your backyard. The Audubon Society has easy to follow directions to make your own suet using common items at www.audubon.org/news/make-your-own-suet. After making the suet, 4-H'ers can identify the birds that come to your feeder. Stop by the 4-H office to receive your free Bird Identification poster.

Can you identify these three birds? Visit this link <https://bit.ly/3HOdaMW> to submit your answers or use your smart device's camera by January 27.



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University of Kentucky
Green County
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4-H Summer Camp Registration Opens June 13-16, 2023

Spring is around the corner, and it's time to think about 4-H CAMP! We camp June 13-16. Camp cost \$275 and includes lodging, meals, transportation and all activities at camp.

We camp at the Lake Cumberland 4-H Camp in Jabez. Classes will be different this year. Campers will select four classes and have multiple, advancing skills sessions in the classes. Classes may be swimming lessons, recreation, nature, canoe or kayak, fishing, pontoon boating, rifles, archery, outdoor cooking, crafts, forestry, folk activities, campfires, fishing, caving, sports, and more.

Youth will select their camp classes when they make full payment of their camp fees.

Camp is for youth in 4th grades and above and who have not passed their 14th birthday by June 13. Younger siblings may attend, contact 4-H for more details. Campers will be supervised by adult and teen leaders as well as camp staff and 4-H professionals.



To register for summer camp and save your place, a non-refundable \$50.00 deposit and completed registration form is due. Registration forms are at the 4-H office and will be passed out

during Club meetings at school. Please note: full payment must be received by June 1, no refunds will be allowed after June 1. Make checks payable to Green Co 4-H. We also accept credit cards for the full amount or for the final amount, but not for the deposit.

Parents may be interested in attending as chaperones or class instructors. Green County needs to teach one class at camp. If you would like to attend as a volunteer leader, contact 4-H for a volunteer packet. Leader forms must be returned by March 31. If you have questions, please contact the 4-H office at 932-5311.

